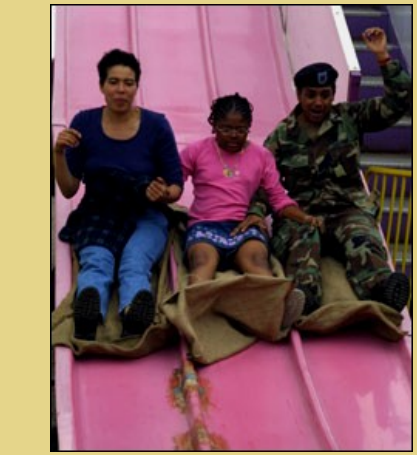
Army Substance Abuse Program

Celebrate Sober Campaign 2006/2007

Celebrate Sober Campaign

Objectives

- Increase Drugged, Drunk, Driving Prevention Awareness Efforts
- Increase Community Awareness
- Provide safe alternatives to our
  - Soldiers
  - Civilians
  - Family members



Celebrate Sober Campaign

Goals

- Reduce Drunk Driving (DD)/Driving While Intoxicated (DWI) in Our Community
- Reduce Drugged Driving
- Reduce the loss of lives
- Community Participation in the Designated Driver Program

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If you drink....don't drive

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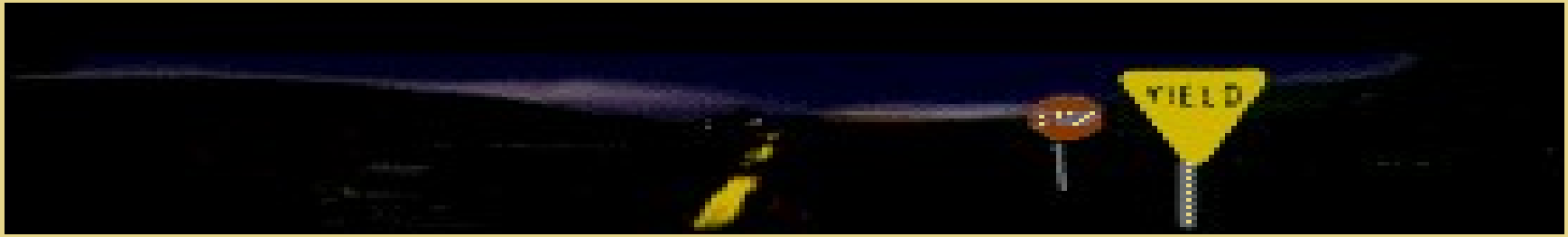
Facts on Alcohol Use



- Last year more than 900 DD/DWI incidents were reported in USAREUR (approx. 3/day)
  - These numbers include our civilian employees and family members.

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Facts About Consuming Alcohol

- One 12-ounce can of beer, one 4-ounce glass of wine or one mixed drink with 1 1/4 ounces of 80-proof liquor are equally intoxicating.

Within 15 minutes of consuming the first drink, judgment is impaired!!!

defense against heavy drinking.

- There are dozens of factors that affect reaction to alcohol — body weight, time of day, body chemistry, etc.

- Time is the only cure.

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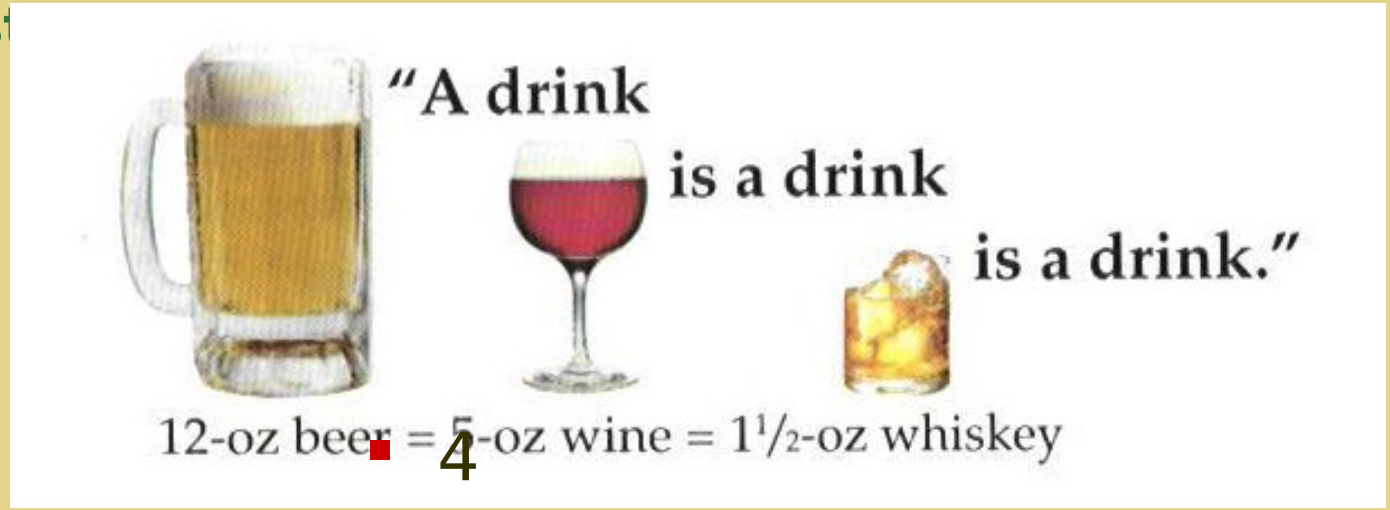
Alcohol

- **Alcohol is the MOST ABUSED drug by Soldiers and Civilians.**
- **Alcohol is a Central Nervous System (CNS) depressant.**
- **Alcohol is considered to be a gateway drug to other drug use.**
- **A st**



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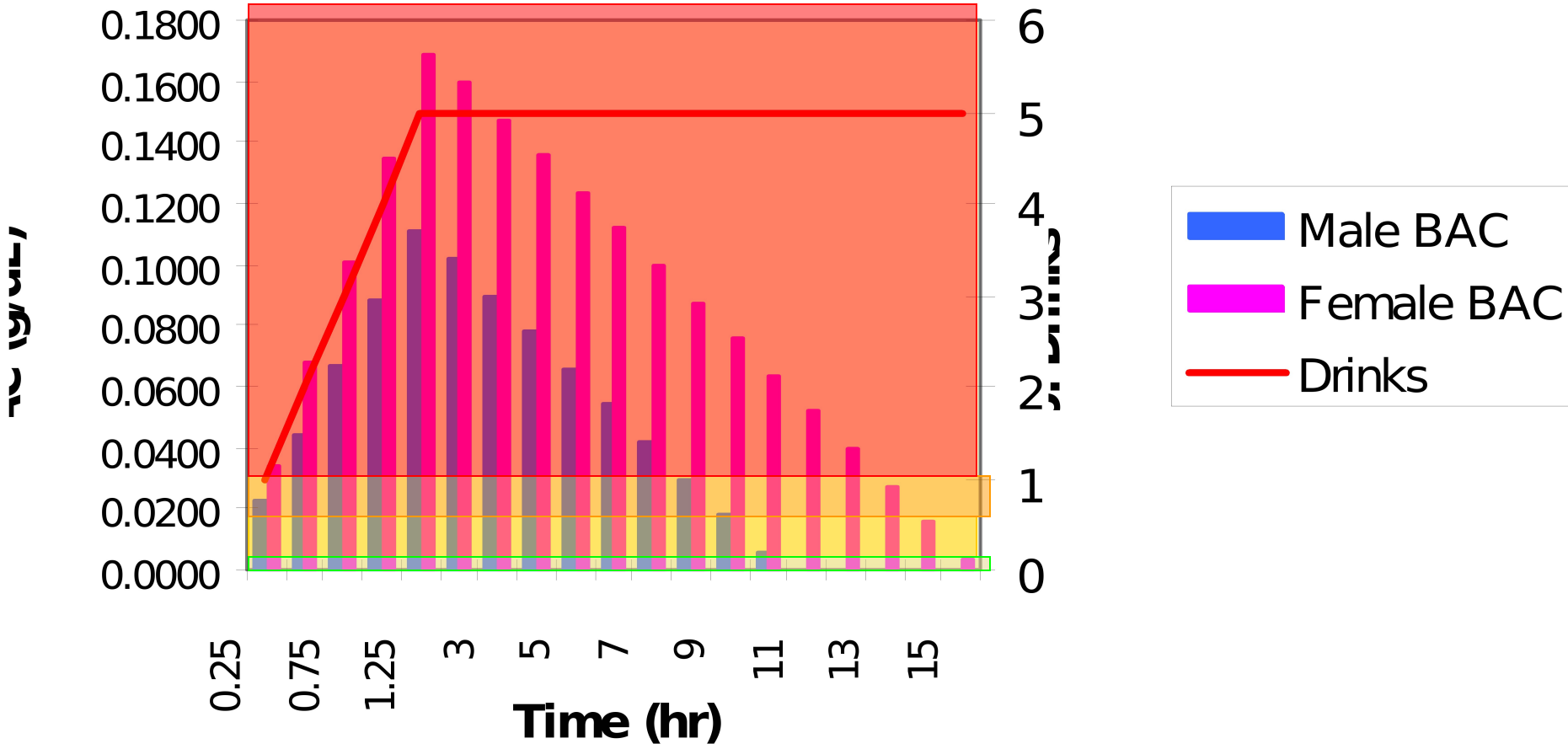
BAC Time Course

BAC after Five Drinks



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To Reduce DD/DWI in Our Community

- We need you to become involved
- Provide *safe* alternatives to our:
  - Soldiers
  - Civilians
  - Family members
- Actively participate in the Designated Driver Program.

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What Can You Do To Stop Drunk Driving?

- **Designate a driver ahead of time- A designated driver drinks no alcohol**
- **Take a cab or public transportation**
- **Make a reservation and spend the ni**
- **Sip your drinks, consume food and alternate with non-alcoholic beverag**
- **Ask about a ride home if you have been drinking to the point of impairment**
- **Don’t give in to peer pressure**

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If you are hosting a party... some ideas are

- Encourage guests to designate a driver ahead of time
- Collect each non-designated driver's keys upon arrival
- Know your guests' condition before returning their keys when they leave
- Plan activities so that drinking is not the main focus

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If you are hosting a party... some ideas are

- **Serve non-alcoholic beverages and a variety of food**
- **Mix alcohol punch with fruit juice to slow the absorption rate of alcohol into the blood stream**
- **Designate one person to serve as the bartender**
- **Stop serving alcohol one-two hours prior to end of party**
- **Offer safe ride home or sleepover**

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Implied Consent

- Persons who operate a motor vehicle give their consent to chemical tests for alcohol or other drugs if lawfully stopped while driving or in physical control of a motor vehicle.
- Polizei may delay chemical testing for up to six hours following a car accident or offense.
- Failure to submit will result in revocation of license.
- German police may forcibly administer chemical tests

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Booze it...You Lose It

- Drunk driving conviction in Europe can have stateside consequences
- Provost marshal notifies the state which issued your license when your license is suspended for alcohol-related driving offenses
- Your blood-alcohol level is also reported

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Suspensions

BLOOD ALCOHOL LEVEL OF .05 TO .079%:

- POV License Suspension For 3 Months
- Military License Suspension For 3 Months
- Six Points Assessed On Drivers License
- ASAP Referral
- General Officer Letter of Reprimand:
  - *Very High Probability*

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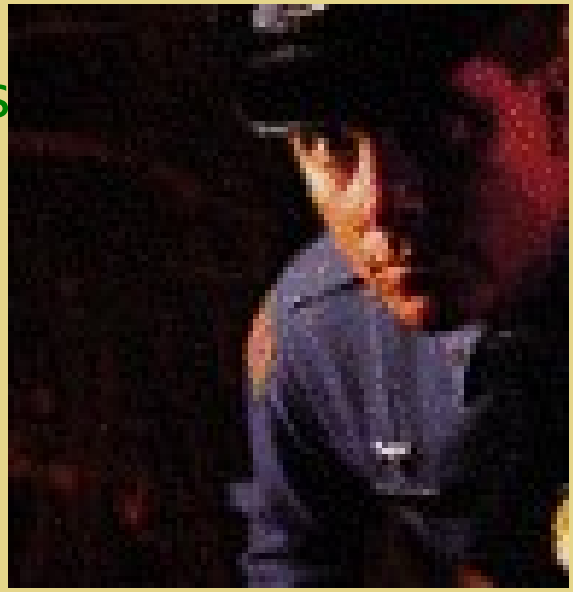
Suspensions

BLOOD ALCOHOL BETWEEN .08 TO .099%

- POV License Suspension For 6 Months
- Military License Suspension For 6 Months
- Six Points Assessed On Drivers License
- ASAP Referral
- General Officer Letter of Reprimand:
- *Very High Probability*



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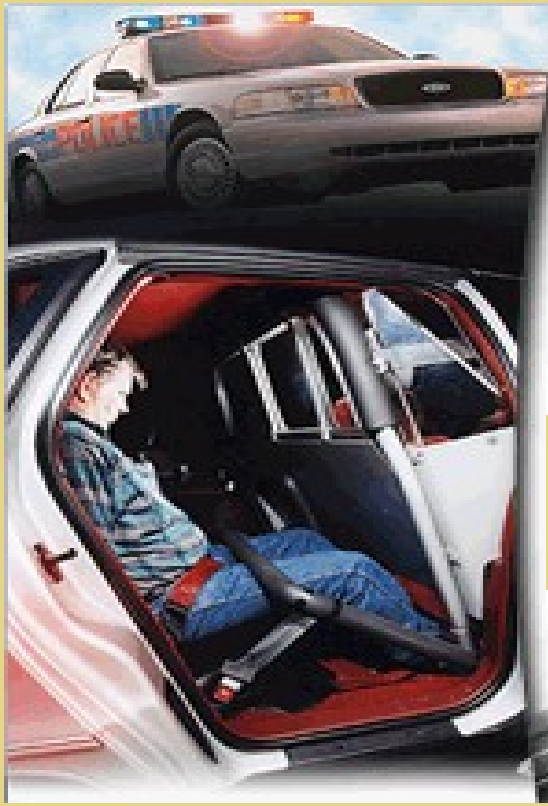
Revocation

BLOOD ALCOHOL OF .1% AND ABOVE

- License Revoked
  - May Not Apply For New License For 1 Year
  - ASAP Referral
  - General Officer Letter of Reprimand



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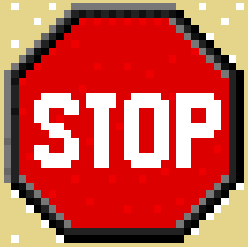
German Law



- **.03-.049% BAC (accident) = DWI**
  Fines & Auto repairs
- **.05-.079% BAC = DWI**
  Fines up to € 500
- **.08% BAC = DWI**
  Fines & Legal fees Up to € 5000

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Risk Reduction Ideas for the Soldier

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Risk Reduction Ideas for the Soldier

- **Use designated driver when going out to drink**
- **No transportation….contact your Staff Duty or MP**
- **Carry the number to your Staff Duty Officer or Military Police when going out drink**
- **Drink in moderation. Alcohol is a poison**
- **Do not go to unknown bars and clubs by yourself**

You will not be penalized for using common sense

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Risk Reduction Ideas for the Soldier

- Always evaluate your personal risk level
- Analyze the details of your planned travel
- Inspect your vehicle
- Let someone know where you are going, e.g. Staff Duty
- Have car fare in case of emergency

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Risk Reduction Ideas for the Soldier

- Pledge to always make sure everyone buckles up!
- Pledge to obey all traffic laws and speed limits
- Pledge to be a responsible driver
- Pledge to stay alert while driving
- Pledge never to take safety for granted
- Pledge not to drink and drive

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Risk Reduction Ideas for the Soldier

- Defensive Driver Course
- Accident Avoidance Course
- Counseling by Supervisor
- Counseling by Commander/1st SGT
- Implement a “Free Ride” back to the Unit

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Designated Driver Program

Easy to implement:

- Select one individual who refrains from alcohol
- Arrange for a “safe ride” home
- Call unit for a “free ride”
- Spend the night at a friend’s home
- Collect each non-designated driver’s keys upon arrival

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Designated Driver Program

- **Designated drivers are:**
  - **Commanders**
  - **Supervisors**
  - **Civilian employees**
  - **Family members**

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Designated Driver Program

Benefits:

- No DD/DWI
- No loss of driving privileges
- No alcohol/drug related incidents

Incentives

- Remain alcohol-free for the night
- Receives complimentary soda and coffee provided by Morale, Welfare, and Recreation club system

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Join and Celebrate Sober Leadership Circles

- **Complete on line training**
- **Join or establish a Designated Driver Program in your unit, office and or in your community**
- **Obtain at least 5, I am A Designated Driver wrist bands from your local ASAP**
- **Be able to identify your local ASAP Prevention Coordinator and Employee Assistance Coordinator for future prevention education training**
- **Answer All of the following questions correctly**

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Employee Assistance Program Coordinators/ Prevention Coordinators

LANDSTUHL ASAP
BLDG 3820, ROOM 207
LANDSTUHL REGIONAL MEDICAL CTR
LANDSTUHL
DSN: 486-6121 CIV: 06371-86-6121

HEIDELBERG ASAP
BLDG 3752, ROOM 306
RÖMERSTRASSE 104
HEIDELBERG
DSN: 370-6069 CIV: 06221-57-6069

MANNHEIM ASAP
BLDG 214, ROOM 1
SULLIVAN BARRACKS
MANNHEIM
DSN: 385-2601 CIV: 0621-730-2601

DARMSTADT ASAP
BLDG 4006, ROOM 302
CAMBRAI FRITSCH KASERNE
DARMSTADT
DSN: 348-6750 CIV: 06151-69-6750

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Question # 1

1. Celebrate Sober Campaign Objectives:

a. **Increase Drugged, Drunk Driving Prevention Awareness Efforts**

b. Increase Community Awareness

c. Provide safe alternatives to our soldiers, civilians, and family members

d. All of the above

Answer: D

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Question 2

2. Celebrate Sober Campaign Goals:

a. Not to drink at all

b. Prevent loss of life

c. Host holiday parties

d. Promote community awareness

e. Both b and d

Answer: E

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Question 3

3. Over 900 DD/DWI's occurred last year. A part of the 900 DD/DWI includes civilians and family members.

a. True

b. False

Answer: A

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Question 4

4. The BAC is related to the users:

a. Body Weight
b. Metabolism
c. Drinking Speed
d. The car that they drive
e. All the above, except d

Answer: E

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Question 5

5. To Reduce DD/DWI in Our Community…

a. We need you to become involved

b. Conduct annual training

c. Provide safe alternatives

d. Become a designated driver

e. All of the above

Answer: E

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Question 6

6. Name the facts about drinking alcohol

a. Alcohol is a depressant, it causes you to become drowsy

b. Everybody drinks

c. Alcohol slows down your reaction time behind a wheel

d. A and C

e. All of the above

Answer: D

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Question 7

7. What are some risk reduction measures?

a. Going out with friends

b. Deciding how much you will drink

c. Choosing a designated driver

d. Telling someone where you are going

e. All of the above

f. A, C, D

Answer: E

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Question 8

8. What are some dangers of driving impaired?

a. Injury
b. Death
c. Legal Consequences
d. All of the above
e. A and B

Answer: D

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Question 9

9. What are some safe party ideas when serving alcohol?

a. Serve a variety of foods

b. Have non-alcoholic drinks available

c. Ensure your guests get home safely

d. Have an open bar

e. A, B, and C

f. B, C and D

Answer: E

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Question 10

10. What are some of the legal consequences of driving while impaired ?

a. Suspension/revocation of License

b. DWI will be reported to DMV stateside

c. Legal and DWI fines

d. Points on your traffic record

e. All of the above

Answer: E

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Question 11

11. What is NOT Implied Consent?

a. You have given permission for military and civilian police officers to suspend/revoke your license should you drive while under influence.

b. The Polizei may take your blood for chemical testing if they believe you are driving impaired.

c. You can be charged with DWI if found sleeping in your car under the influence.

d. Polizei may come to your home 2 hours after your car accident and request a chemical test be done.

e. None of the above

Answer: E

Brought to you by the

Army Substance Abuse Program
Employee Assistance/Prevention Coordinators

EMPLOYEE ASSISTANCE PROGRAM COORDINATOR/PREVENTION COORDINATOR

Landstuhl ASAP
Bldg. 3820, Rm. 208
LRMC
DSN: 486-6121 CIV: 06371-86-6121

Heidelberg ASAP
Bldg. 3752, Rm. 306
104 Romerstrasse
DSN: 370-6069 CIV: 06221-57-6069

Mannheim ASAP
Bldg. 214, Rm. 1
Sullivan Barracks
DSN: 385-2601 CIV: 06217-30-2601

Darmstadt ASAP
Bldg. 4006, Rm. 302
Cambria Fritsche Kaserne
DSN: 348-6750 CIV: 06151-69-6750

Contact the Alcohol & Drug Control Officer (ADCO) at the ASAP Division Office, Bldg. 128, Patton Barracks, DSN: 373-7475 CIV: 06211-17-7475

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5. **DEROS**
6. **Supervisor's Name/Phone Number**
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